

NOVEMBER

Senior Lunch Menu – November 2023



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Split Pea Soup w/ SF Crackers Provencal Tuna Salad Sunshine Gelatin Salad WW Dinner Roll w/Smart Balance Fresh Apple	Diced Chicken w/Sweet & Sour Sauce Egg Noodles Oriental Veg. Blend WW Dinner Roll w/Smart Balance SF Fruited Gelatin	NEW Cubed Beef w/Ranchera Sauce Mexican Rice Pinto Beans Tortilla Pico de Gallo Canned Apricot
6	7	8	9	10
NEW Chicken Torta Sandwich (Shredded Chicken, Pinto Beans, Shredded Lettuce, Diced Tomatoes) Mayonnaise (1pk) French Roll Tropical Fruit Mix	Beef Cheeseburger Swiss Cheese Potato Salad Shredded Lettuce Tomato & Red Onion WG Hamburger Bun Mayo, Mustard & Ketchup SF Fruited Gelatin	Moroccan Lentil Veg. Soup w/ SF Crackers Veggie Egg Salad Barley Mushroom Salad WW Mini Blueberry Muffin w/ Smart Balance SF Pear Crisp	Roast Beef w/ Brown Gravy Baked Potato w/ Sour Cream Chef's Cut Veg. Blend Dinner Roll w/Smart Balance Apple Pie Diet: Fresh Fruit	
13	14	15	16	17
Mexican Beef Cocido Cubed Beef Beef Broth Vegetable Mix Tortilla Salsa Victoria Mandarin Orange	Cream of Spinach Soup w/SF Crackers Tarragon Chicken Salad w/ Yogurt Dressing Lemony Orzo Salad SF Fruited Gelatin	Ground Turkey Bolognese Bow Tie Pasta Italian Vegetable Blend WW Dinner Roll w/Smart Balance Parmesan Cheese (1pk) Tropical Fruit Mix	Baked Tilapia Ranchera Sauce Mexican Rice Broccoli Tortilla SF Pudding Orange Juice	Thanksgiving Celebration Roast Turkey w/ Brown Gravy Mashed Potatoes California Veg Blend Dinner Roll w/ Smart Balance Assorted Cake Diet: Fresh Fruit
20	21	22	23	24
Pork Chile Verde Verde Sauce Pinto Beans Peas & Carrots Tortilla Tropical Fruit Mix	Zuni Corn Soup w/ SF Crackers Poppy Seed Chicken Pasta Salad Harvest Salad (Spring Mix, Cranberries, Almonds & Balsamic Dressing) WW Crackers SF Fruited Gelatin	Thanksgiving Brunch Sliced Ham w/Apricot Sauce Sweet Potatoes w/Marshmallows Collard Greens Parkerhouse Roll w/Smart Balance Pumpkin Pie Diet: Fresh Fruit		
27	28	29	30	
Vegetable Lasagna Spring Mix Salad Balsamic Dressing Broccoli & Cauliflower WW Crackers Canned Peaches	Mexican Corn Soup w/SF Crackers Signature Chicken Salad Barley Mushroom Salad WW Dinner Roll w/Smart Balance SF Apple Crisp	Chinese Orange Chicken Orange Sauce Brown Rice Spinach SF Pudding Orange Juice	Pork Carnitas Bowl Tomato Cilantro Rice Fiesta Veg Mix Tortilla Sour Cream (1pk) Seasonal Fruit	Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Department of Agriculture. Meals on Wheels Orange County Lunch Program may change the menu for reason of quality control, price or vendor problems. This project is funded in parts through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors. Sugar free desserts and water packed fruits are used throughout the menu to accommodate diabetics. 1% Milk serve daily. indicates sodium content over 1,000 mg. * indicates a special event or Holiday and the menu MAY exceed 1,000 mg. Low Cholesterol, 0% trans-fat buttery spread served with bread & rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.

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		1 Sopa de Chicharos c/ Galletas Saladas Ensalada Provenzal de Atún Ensalada Sunshine de Gelatina Rollo Integral c/ Smart Balance Manzana Fresca	2 Cubos de Pollo Salsa Agridulce Puré de Papa Mezcla Oriental de Verduras Rollo Integral c/ Smart Balance Gelatina de Frutas s/ Azúcar	3 Cubos de Ternera Ranchera Arroz a la Mexicana Frijol Pinto Tortilla Pico de Gallo Chabacanos de Conserva
		6 Torta de Pollo (Pollo Deshebrado, Frijol Pinto, Lechuga Rallada, Jitomate Picado) Mayonesa (1pk) Rollo Francés Mezcla de Frutas Tropicales	7 Hamburguesa de Res c/ Queso Suizo Ensalada de Papa Lechuga Rallada Cebolla y Jitomate Bollo de Hamburguesa Mayonesa, Mostaza, Cátsup Gelatina de Frutas s/Azúcar	8 Sopa Marroquí de Lentejas y Verduras c/ Galletas Saladas Ensalada de Huevo con Verduras Ensalada de Cebada y Champiñones Mini Muffin Integral de Arándanos c/ Smart Balance Crujiente de Para de Dieta
13 Cocido de Ternera a la Mexicana Ternera en Cubos Sopa con Verduras Tortilla Salsa Victoria Mandarina	14 Crema de Espinacas c/ Galletas Saladas s/Azúcar Ensalada de Pollo al Estragón c/ Aderezo de Yogurt Ensalada de Orzo al Limón Gelatina de Frutas s/ Azúcar	15 Boloñesa de Ternera Molida Pasta de Corbata Mezcla Italiana de Verduras Queso Parmesano Rollo Integral c/ Smart Balance Mezcla de Frutas Tropicales	16 Tilapia al Horno Salsa Ranchera Arroz a la Mexicana Brócoli Tortilla Integral Pudín s/Azúcar Jugo de Naranja	17 Pavo Asado c/ Salsa Marrón Puré de Papa Mezcla California de Verduras Rollo Integral c/ Smart Balance Tarta Variada Dieta: Fruta Fresca
20 Cerdo en Salsa de Chile Verde Salsa Verde Frijol Pinto Chicharos y Zanahorias Tortilla Integral Mezcla de Frutas Tropicales	21 Sopa de Elote Zuni c/ Galletas s/ Azúcar Ensalada de Pollo, Pasta y Semilla de Amapola Ensalada Harvest Galletas Saladas Gelatina de Frutas s/Azúcar	22 Brunch de Acción de Gracias Jamón c/ Salsa de Albaricoque Boniatos c/ Malvaviscos Col Rizada Parkerhouse Rollo c/ Smart Balance Pastel de Calabaza Dieta: Fruta Fresca	23 24 	
27 Lasaña Vegetariana Ensalada Mixta de Primavera Aderezo Balsámico Brócoli y Coliflor Galleta Salada Integral Duraznos en Conserva	28 Sopa de Elote a la Mexicana c/ Galletas s/ Azúcar Ensalada de Pollo Ensalada de Cebada y Champiñones Rollo Integral c/ Smart Balance Crujiente de Manzana s/Azúcar	29 Pollo Chino a la Naranja Salsa de Naranja Arroz Integral Espinaca Pudín sin Azúcar Jugo de Naranja	30 Tazón de Carnitas de Cerdo Arroz de Jitomate y Cilantro Mezcla de Verduras Fiesta Crema Agria Tortilla Integral Fruta de Temporada	Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal

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